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Child's Health Maintained By WholesomeDiet

Modern educators are leaning more each year to the old Greek idea of rearing the citizens of the future. They are working on the principle of "a sound mind in a sound body."

Good health is built primarily on the foundation of right food. The sort of food the child has determines to a large extent the fitness of the man or woman.

Children have to be taught to like the foods that are good for them much in the same way that they have to be taught arithmetic and history. Boys and girls are not born with any particular desire for cereals or for bread. It's up to their parents to see that they learn the rudiments of a balanced diet and the reason for such a diet. Firmness and patience are often necessary in the teaching, but the job must be done.

Many mothers unconsciously put their children under health handicaps by allowing them to use their own discretion in the matter of eating candy, fruit, nuts and cookies. By so

doing they set a precedent in the matter of other foods and make the teaching of good nutrition harder.

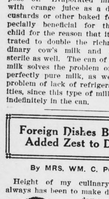
One or two articles are not enough to supply a child's needs for a meal In order that there be normal development, there must be variety.

Fresh eggs, whole cereals, fruits in season and leafy vegetables should occupy an important part in the growing child's dietary. Then, too, a certain amount of concentrated food is necessary for children, because rapid growth whets their appetites to a razor edge, so that they crave more food than their systems can well digest. Evaporated milk, diluted with orange juice as a drink, or in custards or other baked foods, is especially beneficial for the growing child for the reason that it is concentrated to double the richness of ordinary cow's milk and is entirely sterile as well. The can of evaporated milk solves the problem of obtaining perfectly pure milk, as well as the problem of lack of refrigeration facilities, since this type of milk will keep indefinitely in the can.

Foreign Dishes Bring Added Zest to Dinner

By MRS. WM. C. POST

Height of my culinary ambition always has been to make dinner each day a gastronomic poem, rounded and perfect like a stately rime. A meal that pleases eyes, nose and palate alike!



Mrs. Wm. Post.

A well-turned dinner is like a pretty woman in that it unlocks men's hearts with a magical key.

Exotic dishes give a tang of other lands to the dinner table. Things foreign awaken the romantic sense. Taste of codfish in a Benedictine transports one for the minute to the Montmartre in gay Paris. a dash of Piroski and we are supping in a quaint cafe on the Vevsky Prospekt in Leningrad, while the crunch of English tea cakes may bring visions of the rolling moors of Sussex.

As an aid to the housewife in carrying out this new and fascinating idea in cooking, the following of my recipes may prove of particular interest:

Italian Polenta.

2 cups hot-cooked 1¼ tbsp. butter rice or mush or olive oil

Beat the butter into the mush while hot. Turn onto a hot serving plate and pour over the following cheese sauce:

Cheese Sauce.

2 tbsp. fat	½ cup evaporated
2 tbsp. flour	milk diluted with
¾ tsp. salt	½ cup meat stock
Dash pepper	¾ cup grated cheese

Melt the fat, add the flour, salt and pepper, and stir until the mass is smooth. Add the diluted milk and cook in a double boiler. Stir occasionally to keep smooth. Add grated cheese to the hot sauce and stir until melted or about three minutes.

Buffeten Kuchen.

1¼ cups sugar	2¼ cups flour
¾ cup butter	4 tsp. baking
2 eggs, separated	powder
1-3 cup evaporated milk diluted with	Grated rind of 1 lemon
2-3 cup water	Chopped or sliced almonds

Cream butter and sugar, add yolks of eggs and the lemon rind, stirring constantly. Mix flour and baking powder, add to the butter mixture, alternately with the milk and lastly stir in the stiffly beaten whites of eggs. Place in well-greased shallow coffee cake dish, sprinkle with granulated sugar, cinnamon and a few almonds, sliced fine or chopped. Bake in a moderate oven.

The best insurance policy is one written correctly at the lowest price. Apply for such a policy to

A. H. CLEMENT.

VAST TERRITORY IS BISHOP'S HOME

Aided Tenderfoots in Alaskan Gold Rush.

Seattle, Wash.—A vast territory towards the top of the world is "home" and "workshop" to Peter Trimble Rowe, who for thirty-one years has extended a helping hand to residents of the frozen North as missionary bishop of Alaska.

Today, at seventy years of age, the Episcopalian bishop looks forward to several more winters, extending the outposts of civilization further to the north, ministering to his flock. Then he says he will give way to a younger man imbued with ardor for a difficult mission. Bishop Rowe makes his headquarters here.

Friend of explorer, Indian and Eskimo, Bishop Rowe's life is closely interwoven with the most interesting chapters in the history of Alaska. He was on the march with the "boys" in the gold rushes of the Yukon and Dawson and admits frankly his hope that there will be one more good find of gold.

He recalls how some gazed in amazement as they rushed along the trail to Dawson. He fought many tenderfoots, many of them lured from the city, how to fashion their own boats.

Aptitude for carpentry has served the bishop many times in his varied experiences. Various missions that dot the horizon of the north country bear testimony to his handiwork. Several were fashioned by his hands. It was in one of these missions that Stefansson, the explorer, was nursed back to life after being gripped by pneumonia and typhoid fever.

Bishop Rowe is proud of his record in never losing a dog in the thousands of miles he has traveled over the rugged expanse of the Alaskan territory, much of it unknown to white men. For years he has piloted his own sledge in getting from mission to mission and ministering what he calls "practical Christianity."

Turns Buddhist and Bars Meat Eaters as Tenants

New York.—The secret of the "fermit of Stanton Street," which for six years has been locked in the four-story building at No. 90 on that thoroughfare, has just been revealed.

Sam Dosnoffsky, forty-two, who dwells alone there, explained that for six years, although tenants have clamored for rooms in the building he has refused them all because they are "meat eaters."

When Dosnoffsky purchased the building he ordered every one out. He admitted that he had forsaken the orthodox Jewish religion to become a Buddhist, and that one of the tenets upon which his life is now based is that it is wrong to kill. The building, situated in the heart of the East side, had long provided a mystery.

Dosnoffsky, who sells linen, has lived a hermit's existence on the top floor, subsisting entirely on cabbages and potatoes, and poring over great tomes on science and religion. His only companion is a pet mouse. He will not keep a cat because, he said, he fears it would kill the mouse.

Reporters to Wear Top Hats Covering Riots

Paris.—Parisian newspaper reporters may wear high hats when covering assignments where trouble is likely to arise. Not as a matter of protection, but of identification.

Instances of reporters being injured in street frays have grown quite common, not due to the police growing more ferocious but because they are liable to distinguish between rioters and reporters. French news writers are beginning to appear on the scene of manifestations rather than remaining behind police lines and waiting for the news to reach them—as once was the custom.

Mother Is Refused Air Service for Youngsters

Chicago. — Because children are "perishable" matter, Mrs. J. Austin Allen of Chicago has been refused permission to have her two children brought to Chicago from Colorado Springs, Colo., by air mail.

Mrs. Allen in her desire to have the children back in the city in a hurry offered to Postmaster Ewing twelve full postage rates.

Austrian Boy Is "Checked" to Indiana

Rushville, Ind.—The hands on the clock of time were turned back thirteen years for Morris Frisch, merchant, of this city, when he welcomed his son Leon, whom he had not seen since his birth in Austria, at Ellis island recently.

The boy was "checked" through and "insured" and arrived safely from the long voyage.

He was brought here by his father and expresses his delight at being in the "new world," though he speaks not a word of English.

Frisch owns several retail establishments in this part of the state. He has laid aside business cares for several days while he entertains his son with automobile rides to spots of interest in Indiana.

LONE GRAVE MARKED BY WOMAN'S CLUB

Resting Place of "Mystery Belle" Revered.

Lexington, Ky.—Under the auspices of the Woman's club a simple marker has just been erected over what is known as the "lone grave," in Graham Springs City park, at Harrodsburg, Ky., 25 miles southwest of here, telling briefly the history of the grave and requesting the public to treat it with respect and reverence.

This "lone grave" is one of the interesting historic spots at Harrodsburg, the oldest town in Kentucky, and the tragic story of its occupant has just come to light as a result of the activities of the Woman's club to memorialize the spot.

Years before the Civil war, when Graham Springs, then the Saratoga of the South, was at the height of its fame and popularity as a health and social resort, a beautiful woman with every evidence of wealth and culture came there as a guest.

Belle of Ba. ; Found Dead.

One day while wandering in the grounds she came upon a spot of such scenic loveliness that she exclaimed that when she died she would wish to be buried there. That night she was the belle of a brilliant ball at the Springs hotel and the next morning was found dead in her room.

There were no railroads then, no telegraph or telephones in Kentucky, so the hotel management could not communicate readily with the town she had given as her home on the hotel register, and she was buried in the spot she had designated the day before.

Letters of inquiry to the faraway town she had given as her home brought back the information that no such person had ever lived there. A fictitious name and a fictitious address apparently had been given by the beautiful stranger, who had "chanced herself to death," so the oldtimers said. The identity of the unknown lady is still a mystery.

Sarcophagus Never Marked

The stone sarcophagus in which she was buried was never marked with a name or date. Years ago the stone pillars fell and some were broken and the flat stone was later raised on a concrete support by order of the city officials.

The box-like tomb is often mistaken by tourists in the park for a seat or a table and has been considerably marred by vandals. So the Woman's club has erected a temporary marker, notifying visitors to the park that it is "the last resting place of the dead." A permanent marker with a suitable epitaph is to be erected by the club later.

FAD FROM GERMANY

The latest novelty to arrive in London from Germany is this, a clock in one's hat. It keeps good time and is proving quite a fad.

Cylindrical Homes Used in Saxon Housing Plan

Dresden, Germany—Standard houses are built in cylindrical form at Gretz, Saxony, from plans of a civil engineer with a view to solving the housing problem.

All sections of the houses are interchangeable. The walls, made of sheets of nonconducting material, are lined with spacious cupboards. Rooms are on two floors, which may be occupied by separate families. A cupola, for storage, surmounts the house with a colonnaded veranda around it. The new homes are said to be both comfortable and cheap.

Violin Traded for Auto, Ranch and Live Stock

Sheridan, Wyo.—The trade of a violin for a 320-acre ranch, an automobile, a tractor, seven head of horses and 150 chickens has been recorded here. The violin, said to be a two hundred-year-old "Bergonzi," and valued at between $8,000 and $10,000, was owned by R. H. Williams, who made the trade with O. P. Biley, a rancher, here.

Williams acquired the violin recently from N. F. Nye of Sheridan.

Evidence of Spanish Battle Is Unearthed

Los Angeles, Calif.—Spanish conquistadors, under the leadership of the famous Cortez, fought a desperate battle on the famous golf course of the Los Angeles Athletic club at the Riviera, near Santa Monica, some time in the Sixteenth century. This fact was brought to light a few days ago when Doctor Morton, tree surgeon, unearthed piles of bones, which, because of their thin color, he declared to be at least 300 years old, says the Los Angeles Times.

Bedded in a giant sycamore tree which he is rejuvenating Doctor Morton first found a stone cannon ball, fired by the Spanish canon which the conquerors of Mexico brought to the shores of California. This led to the additional discovery of the bones of the soldiers who undoubtedly waged war on the Indians they found here to dispute their conquest of the new land.

Member of 1 Family in 36 on Average Hit by Auto

New York.—Some member of your family has one chance in three in being killed or injured by an automobile this year. That is the risk indicated by figures on last year's motor accidents, gathered by the National Safety Council and just made public through the National Bureau of Casualty and Surety Underwriters.

Persons killed by automobiles in the United States in 1925 numbered 22,500. At an estimate of 30 injured for each fatality, the number hurt was 675,000, making the total casualties 697,500. Twenty-one-thirty-six is then given on the basis of 25,000,000 families in the United States.

Those killed in 1925 numbered 2,200 more than in 1924. The automobile death rate increased to 17.2 per 100,000 in 1925. It was 15.7 in 1924 and 14.9 in 1923.

Frosts Affect Flowers; Perfume Prices to Jump

Grasse, France.—The price of perfume is destined to mount. Grasse, the perfume center of Europe, with 20 distilleries, will run short of 600,000 pounds of rose oils this year as a result of the late frosts and inclement weather which destroyed a fifth of the rose crop.

Manufacturers say this shortage will cause at least a 25 per cent increase in the cost of French perfumes.

The flower-growers, through their cooperative society, are able to force the distilleries to pay their prices. Rose leaves are now quoted at the equivalent of ten cents a pound, and orange flowers sell for fifteen cents.

Woman in Business of Catching Insects

Miami, Fla.—Collecting and breeding beautifully marked specimens of butterflies and moths is a business with Mrs. Elizabeth O. Groves. She has one of the largest laboratories of its nature in the country.

She receives orders for rare butterflies from scientific institutions and colleges that specialize in nature study, from jewelers and collectors.

During her first season she sold more than $400 worth of the tiny blue-winged butterfly that feeds on the coontie. This is said to be a rare specimen in other sections, but common in Florida. Mrs. Groves also collects grasshoppers. One order was for 10,000 grasshoppers.

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Prosperity of the cotton farmer depends on whether he or the boll weevil will collect on the investment of time, labor and money in the raising of the cotton crop. The boll weevil has done most of the collecting in the past several years, but farmers now are preparing to put an end to this by applying the Government methods of control.

The boll weevil can be controlled in any neighborhood by application of these methods, and all farmers who have not already done so are urged to make their plans now to use the control measures they have been paying experts for thirty years to work out. It is not easy to control the boll weevil, it takes work and study, but it pays when it is done right. It is a waste of time and money when it is done wrong.

We used to think that mosquitoes did no more than sting us. Now we know they cause malaria, and by screening our houses we keep out malaria. The scientists found us these things. They can't tell us how to destroy all the mosquitoes, but they tell us how to control them and to escape their damages. So the scientists are telling us how to control the boll weevils. Their methods are not perfect, but they are practical; they have been tested by farmers who have taken pains to study, learn and to fight the pest day by day and week by week.

An important part of the general plan of weevil control is good farming. That may be practiced by every farmer and will help very much. It will pay even when there is no weevil damage or when the weather makes poisoning too expensive for profit. In brief, the best farmers begin fighting the boll weevil by:

1. Putting the soil in fine condition; a good seed bed is necessary to obtain the best results.
2. Planting after danger of frost is past and the earth is warm enough to cause quick sprouting and a good stand.
3. Using selected seed of a variety that matures early.
4. Fertilizing highly to make quick growth and set bolls before the weevils multiply enough to destroy the crop.
5. Narrow spacing, a hoe's width, and one to three stalks to the hill.
6. Putting cotton on well-drained land that under average conditions will make at least a bale to three acres and adopting the slogan, "More cotton to the acre, not more acres to cotton."

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VERA

Catalogues of the Appomattox County Fair for the year 1926, have been issued—Oct. 13, 14, and 15th are the dates, this is the fourteenth annual fair and "Every day in every way they are getting better and better"—Co-operation is the secret of success in all things—So let's cooperate and make this the best fair ever.

Farm crops are improving wonderfully since the recent rains.

Joseph Garrett, Grover Childers, William Gunter and two young sons of Mr. and Mrs. Kinkle Martin, of this section were a part of a contingent of 25 who spent a week at Hampden-Sidney Agricultural Short Course. The boys enjoyed their outing and came back Saturday very enthusiastic over their work.

Mrs. Verona Bell, who has been the guests of her relatives Mr. and Mrs. Creed Hammersley, returned to her home in Farmville, Saturday.

Miss Joy Smith, of Lynchburg, was the guest, last week of Mr. and Mrs. Homer Reynolds.

Mr. and Mrs. George Robertson were glad to welcome home their son James, who has been in the Marines for several years. We regret to learn that "Jim" is not in the best of health, and trust to soon hear of his recovery.

Mr. and Mrs. Amer Braley, have been visiting relatives here, left Saturday to visit friends in Virginia before returning to their home in Palm Beach, Fla.

Many Coming Back From Hell Soon

Mr. A. B. Dabney, of Lynchburg, will speak on this subject, at the school auditorium, at Appomattox, next Sunday the 25th at 3 p. m. The speakers will undertake to prove this assertion, from the Bible. He claims that the old idea that hell is a place of fire and brimstone is not only unreasonable, but altogether contrary to the teachings of the Bible. In his lecture he will point out what hell really is, and that the time is near when those who are there will come out. He will show further what will be done with hell when it is completely emptied and also why those who have spent hundreds or even thousands of years in hell are coming back to earth.

It is said that the speaker has given the subject of life, death and the hereafter, careful and thorough study from a Biblical as well as a natural standpoint, and that he will present an explanation of the subject which will make clear many things that have confused people in the past. It is further stated that the views presented by the lecturer have comforted thousands who have lost friends and loved ones in death. His clear and positive statements concerning the future life are comforting and encouraging. They are neither extreme nor mystical; but are fully in harmony with both the Bible and reason.

Not only will he point out that the dead are coming back from hell; but he will additionally show that when this stupendous event is to take place is not far off. He claims that the signs of the times corroborate the prophetic statements of the Bible and that it can be clearly shown that the return of the dead from hell is not an event that is thousands of years off; but will occur in the near future.

The lecture will be well worth listening to. Those who are making arrangements for the meeting state that admission to the lecture is free and no collection will be taken.

Modern Catacombs

Rome.—The Eternal city is to have a modern catacombs. It will build 22 miles of subway, which will interfere with relics of antiquity as little as possible.

OAKVILLE

Crops and gardens in this vicinity are showing great improvements since the nice rains we had recently.

Miss Edythe Martin who has been visiting relatives in Roanoke has returned to her home here.

Five members of the Excelsior Club of Oakville High School and their leader attended the Short Course at Hampden-Sidney report that they received much valuable information as well as pleasure from their trip and hope that they may have the opportunity of this trip another year.

The Excelsior Club, of Oakville High School will give a Lawn Party at the school building on Saturday, July 24, beginning at 6 p. m., to secure funds to send a delegate to Blacksburg.

Rev. Caudle, pastor of Red Oak Baptist Church preached an excellent sermon Sunday a. m.

Mr. Nick Owen, of Lynchburg spent the week-end with his uncle, Mr. T. E. Owen.

Mr. Doss, and mother, of Texas are visiting their relatives, Mr. and Mrs. J. E. Rogers at this place.

PAMPLIN

The revival recently closed at the Baptist Church. Dr. Ryland Sanford, of Fredricksburg did the preaching. He was a very able and efficient preacher.

The Ladies Aid Society, of Baptist Church meet Monday evening. Mrs. R. D. Baldwin is President of this organization.

"A Trip Around the World" was given by the ladies of Presbyterian Church Friday and Saturday. It was quite a success and a nice sum realized.

Miss Rachel Paulette was visiting friends in Evergreen Sunday.

Miss Grace Richardson was the recent guest of her aunt, Mrs. J. A. Fore, of Petersburg.

Misses Jane Paulette and Mary Brightwell have returned from Lynchburg, where they have been the guests of Mrs. Grover Baldwin.

Mrs. Blanch Blake, of Appomattox spent Thursday with Mrs. H. T. Terry.

Joseph and H. T. Terry, Jr., are the recent guests of their aunt, Mrs. J. B. Wilson.

Mrs. Curtis Harvey spent last week-end with her parents at Phenix.

Mr. R. C. Harvey who is on a business trip to Washington, N. C., is expected home this week.

Mrs. J. S. Dorsey and daughters, Va. and Betty are spending their vacation in Georgia.

W. C. T. U. will have a picnic on Wednesday.

Miss Lucille Moses attended the four H Club at Hampden-Sydney last Friday.

Mrs. Sue Harvey, of Evergreen spent the week-end with her sisters, Mrs E. G. Harvey and Moses.

Mrs. Grace McCann of Ohio, was the guest of her parents, Mr. and Mrs. O. E. Peterson.

Miss Merle Davis has returned from a trip to Meherrin, Va.

Miss Pearl Dunton, of Eastern Shore is the guest of Mrs. R. D. Baldwin.

Misses Josie and Beth Spencer and Dorothy Layne are the guests of Miss Mary Beale.

We are glad to report that Mrs. Laura Beale is improving rapidly.

Miss Wilsie Canada and Carlton Canada are on their vacation.

Mr. J. B. Wilson spent Friday evening with her sister, Mrs. Terry.

Golfers Welcome

Shenandoah, Iowa.—Knickered golfers are welcome in Rev. L. A. Lippitt's Congregational church after they have played rounds Sunday. He finds golf gets the man out of bed early and is much better for the church than late sleeping.

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